



Aionkwatakari:teke

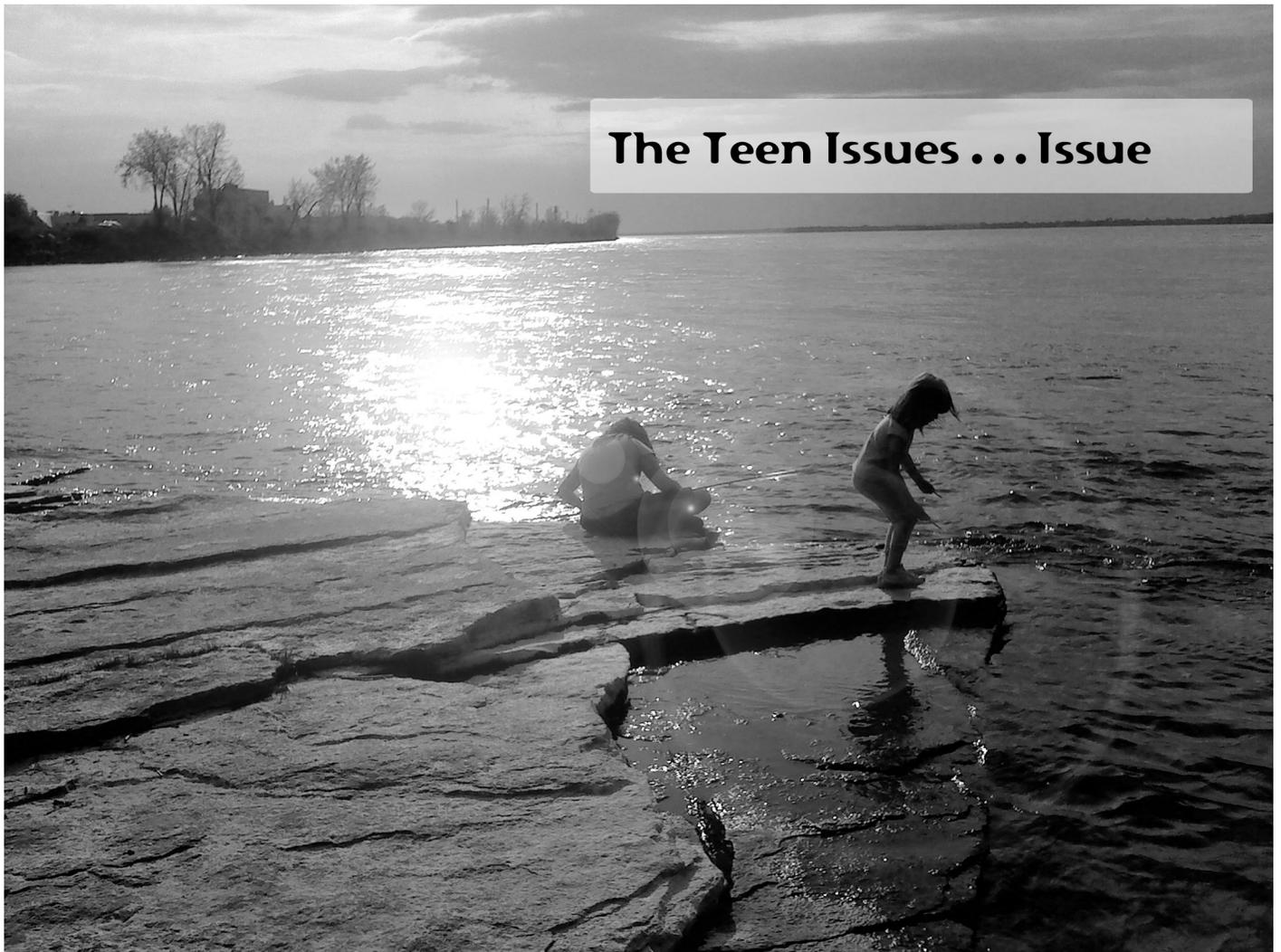
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“For Us To Be Healthy”

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The Teen Issues . . . Issue

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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shakotia'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'kehró:non. All community members are welcomed & encouraged to submit articles provided that they are comprehensive to the general public, informative & educational. Slanderous material will not be accepted. **Views expressed in the articles may not necessarily reflect those of KSCS.** We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

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This newsletter is intended to complement, not replace the advice of your health care provider. Before starting any new health regimen, please see your doctor.



There was quite the discussion around the storyboard meeting for this month's issue focusing on teen issues. As a matter of fact, we had a discussion on exactly that subject, which is the subject of one of our articles written by Merrick Diabo, one of the facilitators of the Making A Difference Group (a youth group here in Kahnawake).

Maybe issues the youth face today aren't so different than the issues previous generations had faced. My parents grew up with a lot more poverty. Kids today don't seem to have to grow up with the hand-me-down clothes that my generation, my parent's generation, and my grandparent's generation before them had to grow up with. People talk today of kids having a disposable income; advertisers aim for that market. But for my parents and the generations before them...nothing was disposable. Everything was reusable. Nothing was wasted. A lot of kids seem to never seem to want for gadgets either; whether its xbox, Wii, the latest iPod or iPad, and cellphone.

Some of the issues stay the same. There was bullying when I was growing up. There's bullying now. The thing is...you can get through it. It's hard, I know, but you can persevere. You can even prosper.

I've included a quote at the back of this issue by actor Johnny Depp. He's one of my favourite actors, going back to the original 21 Jump Street (not the Channing Tatum movie out now) and of course his very cool portrayal of Captain Jack Sparrow in the Pirates of the Caribbean movies. I included the quote because, like many of us, Johnny Depp grew up feeling awkward, like he didn't fit in, that he didn't belong anywhere. Now look at him. He's testament that there is a way through the teenage experience.

I leave you with another Johnny Depp quote: "If there's any message to my work, it is ultimately that it's OK to be different, that it's good to be different, that we should question before we pass judgement on someone who looks different, behaves different, talks different, is a different color." So, go ahead and be different.

Cover photo: Fishing at Flat Rocks by
Chad Diabo. Cover design: Marie David.

Editor's note: Part II of Wendy Sky Delaronde's article on allergies will run in the next issue. As well, part III of *Violence in the Workplace* will run in the next issue.





What is a Teen Issue?

by MERRICK DIABO, PREVENTION

So there I was sitting in a meeting surrounded by fellow employees discussing topics pertaining to the youth and the issues they face today.

Suddenly a question is proposed just as I'm thinking it: what is a teen issue, what does a teen issue mean? Although I will elaborate on the question itself, I challenge you to ask yourself those very questions.

Why do we buy into adolescent issues when they are biologically considered adults based on the fact that their sexual reproductive system has matured? Yeah, yeah, we know that mentally they may have matured but I'll remind you that *physically* they may be considered adults but mental maturity is based on knowledge.

What separates you and me from them? Is it the music that we listen to, the people we hang around with, the food that we eat, or the clothes that we wear? Maybe, but here's the reality; the only thing that is different from us and them is that we have already experienced (in varying degrees) what they are currently going through.

Most of us are familiar with the concerns the teenage population are experiencing. Whether it's the make-ups or break-ups, the drinking or the drugs, the abuses they've experienced, or the school worries like grades or not wanting to take that class for either no good reason or because they hate the teacher, etc. Experience is the only factor that distinguishes us from them.

Throughout my years working with the youth I have come to realize that their *issues* are simply a reflection of the community. In a sense, they are walking, talking, and breathing barometers for our community and the times that we live in. More importantly, many people tend to focus on the current state of affairs and lose focus on what has worked in the past regarding raising our youth to become constructive adults.

Allow me to remind you that there was a time (which isn't that long ago), when the children held responsibilities. The people depended on them to fulfill their tasks when they were old enough and strong enough to carry responsibilities on

their shoulders. Today, we have stripped this responsibility from children, from the youth, and even from some *adults*. We need to focus our efforts on breaking down the invisible barriers that we have created and placed upon the different generations and proceed to take on the mantle of mentor.

It's time for us to take up our responsibilities as adults and create a community atmosphere where those that are younger or less experienced than us can be guided and reminded of their importance in our lives and in the community.

The situations they find themselves in may be unique in their own manner but it's something that you have gone through as well. Fostering that positive growth environment for our youth is much like tending to a garden; add a little bit of water (responsibility and trust) and watch them grow from their life experiences!

In a sense, they are walking, talking, and breathing barometers for our community and the times that we live in.



My Teenager is Freaking Out!

by CHAD DIABO, PROMOTION & EDUCATION

Drugs, alcohol, peer pressure, relationship or friendship break-up, bullying, harassment, fighting, rebelling, sleeping in, pulling away from the family, self-injury, suicide, depression, anxiety.

These are just a few of the many problems our teens face every day and the many different ways they behave. As parents we often ask ourselves; “What do I do?”

In the absence of formal training, the following tips are useful to help a youth in crisis. I say useful tips, because being a caring parent is a good starting point to becoming a good helper for your child.

This is what is taught in both trainings that we deliver to the community; Applied Suicide Intervention Skills Training (ASIST) and Mental Health First Aid (MHFA), already as care givers you have skills to help people in need of help.

Tip # 1 – What you see

Often, our teenagers behaviours—what they say, how they act—are all signs of something happening for them that is beneath the surface. Something is going on in their lives that has them acting in a way that is hurting themselves, you, their siblings and people around them. The only way to find out what this behaviour means is to talk and listen with your teenager.



Photo by Sanja Gjenero: RGB Stock.

Tip # 2 – Check yourself

Your teenager may talk about things that are disturbing to you. Ask yourself; what is important, helping your teenager deal with their issue or how you feel about what they are telling you? Right now, your child’s behaviour is telling you they are dealing with something by themselves and they could really use your support.

Tip # 3 – Where to talk with them

Pick a time and place to have a good talk. Go for a coffee, go for a drive, or take them by themselves in a room or to a place to have a talk with little or no distractions. The timing of the talk should be good for both you and them. Try not to make it too formal but make sure you are taking the time to talk with them.

Tip # 4 – Talking and listening

Talk little and listen a lot! Listening is more important than talking. You may want to start the conversation, and then let the teenager do the talking. Let them tell you what is going on. Try to not focus on the behaviour—how your teenager has been acting—instead *you want to listen to hear* what has been making them act out their pain or frustrations. What’s hurting, who started it, why now...by listening you can unravel the bundle of emotions and actions that are, in essence, your teenager. Together you discover the root problem.

Tip # 5 – What do they want to do

Your teenager will be more confident and trusting if you give them the opportunity to have a hand in fixing the problem. Help them own the solution. Some situations will require professional support. Together, you decide the course to take, who to call, who to see, and when.

Many of these tips are part of the trainings that are offered to Kahnawakehró:non, free of charge. Both the ASIST and MHFA are two day trainings. Trainings are offered on a regular basis.

Call Chad Diabo at 450-632-6880 to find out when the next training is taking place and to register.



Relationship Abuse

by LOANNA ZACHARIE, PREVENTION

Relationship abuse affects everyone. It's important for Kahnawakehró:non to recognize abuse in order to help our people become healthier, happier, and more fulfilled.

We all have friends, siblings, or loved ones who have confronted abuse. What defines abuse? What if he/she has never laid a hand on you or bruised your body? What are the signs? If our goal is to produce confident, self-aware, and well adjusted individuals then we need to come together as a community to raise awareness about the more subtle forms of abuse and take a stand against it.

Anyone who is asked if they'd stay in an abusive relationship, almost always answers a resounding, NO! It's difficult to accept we are being abused when the damage is not visible.

Do not minimize the effects that words can have on your well-being. IT IS ABUSE. As author Jill Murray says "It is not possible for love and fear to coexist. It is not possible for love and immense sadness to coexist." (Murray 17).

When we are shown love we feel good, we become energized, and we are happy. When we are mistreated and disrespected we feel badly about ourselves and feel lonely, scared, and hurt. How is that love?

Warning signs

- You have to be careful to control your behavior to avoid your partner's anger?
- You avoid certain topics out of fear of angering your partner?

- Your partner always checks up on you or questions you about what you do when he or she isn't there?
- Your partner repeatedly and wrongly accuses you of seeing or flirting with other people?
- Your partner makes you feel like you are stupid, crazy, inadequate, or never right?
- Your partner's jealousy stops you from seeing friends and family?
- Your partner sees you as property or a sex object rather than a person with choices?
- Your partner limits your access to the phone, the car, or money?
- Your partner forces you to have sex?
- Your partner acts excessively jealous and possessive?
- Your partner ignores or puts down your opinions or accomplishments?
- Your partner controls where you go or what you do?
- talks about their partner's temper, jealousy, or possessiveness.
- goes out in public without their partner rarely.
- shows major personality changes.
- feels nervous or anxious in public.

If you or someone you love is being abused, talk with him or her. They need to know you care. Understand their struggle and offer support. Don't make your support conditional or make threats against the abuser. Validate the person being abused. People in abusive relationships don't need further alienation, threats, judgment, or criticism.

For help and information contact a support worker at KSCS at 450-632-6880. Let's take a stand to stop abuse.

Sources: "Controlling and Abusive Relationships." *Sexual Assault & Relationship Abuse Prevention & Support*. Stanford U. Web. 4 May 2012. www.stanford.edu/group/svab/relationships.shtml.

Center for Relationship Abuse Awareness. Web. 4 May 2012. www.stoprelationshipabuse.org.

Murray, Jill. *But I love Him. Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships*. New York: Harper, 2000. Print.

Red Flags to look for in a friend who

- seems afraid or anxious to please their partner.
- goes along with everything their partner says or does.
- checks in with their partner to report where they are and what they're doing.
- receives frequent, harassing phone calls from their partner.



The Truth About Lying

by MARY GILBERT, PREVENTION

Some parents see lies as a sign their children don't trust them enough to tell them the truth. Yet, many parents actually train their children to lie. Certain kinds of *little white lies* may be a part of family life that kids know about and learn from.

For example, have you ever said, "Tell him/her I'm not home" when the phone rings, because you don't want to talk to that person? Did you ever try to pass off your thirteen-year-old as an eleven-year-old to get a cheaper movie ticket?

How about if you get invited to a party and you don't want to go, do you make up a false excuse instead of telling the real reason you prefer not to

go? Parents need to be aware that practices such as this, model lying as acceptable behaviour.

Lying, like all behaviour, serves a purpose. Teens may exaggerate to gain the attention of parents or friends. If parents can't catch them in a lie, teens may use lies to defeat parents. Lying can also be used to escape punishment, to seek revenge, to generate excitement, and to gain acceptance from friends.

Teens require a certain amount of freedom and a lot of trust and confidence from their parents. How many times have you heard this from your teen "You don't trust me"?

Don't play detective by asking too many questions such as, "Where did you go?", "Who were you with?", and "What did you do?" Too many third degree questions may induce lying.

Don't make telling the truth more dangerous than lying because if you do, your teen will lie for self-protection.

Finally, don't overreact if you happen to find out that your teen has lied to you. Telling a few lies does not make a person a pathological liar.

But mistrusting, playing detective, and overreacting can keep the lies coming.

The more accepting, encouraging, and trusting your relationship is with

your teen, the less likely it is that they will feel the need to lie.

Lying is a signal that there is distrust in your relationship. If you discover your teen is lying to you, closely examine the relationship you have and work to open up channels of communication.

Parents should realize that it sometimes takes courage for teens to tell the truth especially when they know they will be grounded.

Let your children know that you appreciate their willingness to be honest and that it sometimes does take courage to tell the truth.

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A Few Tips to Raising Healthy, Happy Kids

- Let them know they're loved
- Comfort them when they're upset
- Set clear rules, what's OK and what's NOT okay
- Listen when they're ready to talk
- Let them be themselves
- Treat them like people
- Have fun together
- Make your home friendly to children
- Let them help you do things
- Read to them
- Teach values by setting an example

Source: S.T.E.P. Systematic Training for Effective Parenting <http://www.ciccparenting.org/>



Thinking of Going Vegetarian?

by CRYSTAL LYONS, PREVENTION

More and more youth are choosing to go vegetarian and there are plenty of good reasons for doing so. Some of the major reasons include environmental sustainability, compassion for animals, and personal health.

Not only are vegetarian diets well suited to reduce pollution and minimize global climate change (Leitzmann, 2003), but they have also been linked to lower levels of heart disease, obesity, cancer, and diabetes (Campbell & Campbell, 2004).

However, choosing vegetarianism isn't as simple as cutting meat out of your diet. Without the necessary precautions, you run the risk of developing malnutrition, including deficiencies in iron, protein, calcium, vitamin D and vitamin B12—nutrients that are found in high quantities in animal-based foods.

This may not sound like a big deal; however, nutrient deficiencies can lead to fatigue, memory impairments, thinning bones, muscle soreness, and mood changes, among other problems. If you're already a vegetarian and are experiencing these or other symptoms, consult your doctor and let them know about your dietary choices.

Iron, protein and calcium can be easily found in vegetarian diets, but it's important to do your research and make sure that you are getting these nutrients in high enough quantities. Some nutrient sources are listed below but the list isn't exhaustive.

Vitamin D and vitamin B12 are a bit trickier to get in high enough quantities in vegetarian diets, particularly for vegans and vegetarians with diets low in milk and eggs. Both vitamins can be found in fortified cereals and fortified soy beverages (cereals and beverages with added nutrients), but many vegetarians choose to get them from dietary supplements.



If you're thinking of going vegetarian, I recommend the following tips to ensure you stay healthy throughout the process:

- 1) Know why you're doing it. You'll be more likely to stick with it if you have good reasons for it. To find out more about the benefits of vegetarian and vegan diets, check out the following resources:
 - a. Documentaries: *Food Matters* and *Food Inc.*
 - b. Books: *The China Study*.
- 2) Do your research to find out where to get all your essential nutrients—the Internet is a great resource (e.g. GoVeg.com) and you can also find good books at your library.
- 2) Talk to other vegetarians and ask them questions about their transition.
- 4) Speak with a dietician to help you find alternative meal plans.

- 5) Tell your doctor about your dietary changes and get a regular blood-test to ensure that you are meeting your body's needs and staying healthy.

Iron

Iron-fortified breads and cereals, dark green vegetables (e.g. spinach and broccoli), dried fruits, prune juice, blackstrap molasses, pumpkin/sesame seeds, and soybean nuts

Protein

Whole grains, lentils, beans, tofu, low-fat dairy products, nuts, seeds, eggs, and peas

Calcium

Dark, leafy greens (e.g. spinach, kale, mustard, bok choy, and collard/turnip greens), broccoli, beans, dried figs, sunflower seeds, as well as calcium-fortified cereals and beverages

Vitamin D

Exposure to sunlight, fortified foods, and supplements

Vitamin B¹²

Dairy products, eggs, supplements

Sources:

Bodyandhealth.canada.com

Campbell, T. C. and T. M. Campbell II (2004) *The China Study*. Dallas: Benbella Books, 2004. Print.

Centre for Disease Control and Prevention: <http://www.cdc.gov>.

Leitzman, Claus. "Nutrition Ecology: The Contribution of Vegetarian Diets." 78.3 (2003): n. page.

Youth Activism

by MARIE DAVID

Teenagers and young adults are increasingly involved in causes.

A few years ago, I attended a conference on the environment with Dr. David Suzuki and former U.S. Vice President Al Gore. There were hundreds of people in attendance, with young adults forming the majority of the audience.

For many teenagers, their introduction to activism comes through school. If it's a good school or a good teacher, they're being taught to broaden their horizons, to see beyond their front door and to realize that global actions have global

consequences and that we each have a role to play. Even them.

Since January, we've seen some of that student activism take to the streets of Montreal as thousands of students protest the Quebec government's planned tuition hikes. And whether you agree or disagree with them, their commitment is admirable. It's not easy to put your future on the line, to risk a criminal record, or to risk the loss of summer employment to go out and protest day after day after day.

There's been talk that this generation of young people will be the most activist yet. After all, they've already witnessed the Arab Spring, the Occupy movement, and now the Quebec student protests. Maybe they're even aware of the protests in Barrier Lake or against the Plan Nord.

Craig Kielburger is an example of teenage activism. Now 30, he was just 12-years-old when he read in a newspaper about the murder of a young Pakistani boy who was forced into bonded labour at the age of four. His story so affected Kielburger that



Craig Kielburger. Photo by Alex Abboud, flickr.

he later took up the fight. He gathered together a few school friends and started a group that would evolve into the Feed the Children organization that work, in part, to empower youth to make the world a better place. Kielburger is often invited to speak at schools and universities to speak to students about activism.

So to any teenager who thinks that they can't make a difference; the message is you can. To any adult who tries to constrain their enthusiasm; the message to them is, get out of their way. Help them. Support them. Encourage them. But don't tell them that they can't. If someone had told Craig Kielburger that or if he had listened to them, the lives of thousands of children around the world would not be changed for the better. Imagine you could make a difference. What would you do?

Links:

- Feed the Children: canadianfeedthechildren.ca
- Me to We: metowe.com
- Quebec Public Interest Research Group Concordia University: qiprgconcordia.org
- Quebec Public Interest Research Group McGill University: qiprgmcgill.org
- Native Youth Sexual Health Network: nativeyouthsexualhealth.com
- Centre Québécois de Formation pour les jeunes en matière de droits humains: www.cqfdh.org/ (the website is in French only).
- Canadian Environmental Network Youth Advisory Board: www.rcen.ca/caucus/youth
- Youth Action Network: www.youthactionnetwork.org
- Do Something: www.dosomething.org
- Amnesty International youth and student program: www.amnesty.ca/youth/get_involved/

Movie Review: Bully

by MERRICK DIABO, JAMES LAZARE & MAD GROUP

We all know someone in our life that has either been a victim or the abuser when it comes to bullying. We all know that person who sits alone during lunch time and we definitely know that person who always seems to be at their breaking point.

So, now that it's established that we know that person, let's look the documentary *Bully*, directed by Lee Hirsch and reviewed by Making A Difference (MAD) Group.

The storyline is simple. A young man, Tyler Long, commits suicide due to the bullying he endured while attending high school. As a result of his suicide, his family starts a movement to stop bullying within the education system. This movement gains national attention as more stories of suicide linked to bullying surface throughout the United States.

Aside from the suicides, the documentary follows the lives of youth hopelessly battling with a school administration that clearly isn't equipped with preventative knowledge or backbone to do something about it.

Bully unquestionably delivers a rollercoaster of emotions while revealing bullying as a major problem in the lives of youth today. From scene to scene you will be frustrated, feeling helpless, and then built back up due to the resiliency of the youth and families involved.

When asked how they felt watching the documentary, MAD Group member Brianna Latour said "The bullies made me feel sad because of the way they were treating the other

kids. The victims made me honestly cry. I wanted to reach out and protect them."

There are plenty of moments in the documentary that were hard hitting. Reflecting on the opening storyline Nikki Phillips pinpointed such a moment in the film "When the mom was in her son's (Tyler Long) room where he hung himself... that really stood out to me."

Although the movie is directed at parents and school administrators, the theatre was filled with people of all ages. In relation to the MAD Group, a final question was asked concerning whether they thought their peers should see this movie. Joshua Phillips was quick to respond "Yes, because it shows how many people get bullied and that you can help them if you see someone getting bullied."

This film was extremely difficult to watch. Whether you are a student, a teacher, principal or a parent, the raw footage of the victimization of these youth is heart-breaking.

Don't hesitate to see this powerful movie in a theatre, with a school or a group. This is *not* a rental. Documentaries like this influence change. MAD Group gives *Bully* 4.5 out of 5 stars!



[Editor's Note] *Bully* opened in limited theatres on March 30th. In the U.S. the film originally received an R rating from the Motion Picture Association of America (MPAA) (for some profanities). The MPAA reversed its decision—giving it a PG-13 rating—after a public outcry and a petition that was launched by 17-year-old Katy Butler, herself a victim of bullying.

Why was the rating important?

An R rating would restrict many of the film's target audience from viewing the film and, thus, engaging in dialogue. In Canada, film ratings are regulated by the provinces. The film received a PG rating in several provinces although in Quebec, the film received a G (General) rating, which opened it up to an even broader audience.

~ the Editor



Adolescents & Emergencies

Emergency Planning

by ARNOLD LAZARE, COMMUNITY PROTECTION UNIT

The four principles of emergency planning are mitigation (prevention), preparedness (planning), response, and recovery.

It's commonly accepted that adolescence is a tumultuous time but how can we use the principles to prepare teenagers for emergencies?

Mitigation (Prevention)

"Mitigation efforts are attempts to prevent hazards from developing into disasters altogether or to reduce the effects of disasters."

Communication! Most teenagers feel that they are invincible. Although it appears that everything they are told goes in one ear and out the other, it's important to keep the lines of communication open. You may be surprised how much they actually hear.

Making teenagers aware of the dangers can go far in avoiding serious consequences. While most parents would prefer abstaining from teaching responsible behavior on issues that teenagers may face—identifying unsafe situations, safe sex, alcohol use—it's a very good place to start.

Preparedness (Planning)

"Preparedness is how we change behavior to limit the impact of disaster events on people."

There are multiple ways teenagers can be better prepared: taking basic first aid and CPR, babysitting classes, and fire safety courses all promote the idea of planning.

By acknowledging they are trying to find their place in the world, we can support their efforts while reminding them they have support they can count on.

Discussing potential situations/problems and asking what methods they would/should use to resolve them is an excellent way of exploring results that would be more appropriate e.g. you find a good friend really drunk; do you leave them or ensure they are taken care of even if it means they may get in trouble? What are the potential consequences to doing nothing and how would you feel are good questions to initiate discussion.

Response

"The response phase includes the mobilization of the necessary emergency services and first responders in the disaster area."

If a teenager does something "stupid" or gets in a bad situation, our anger is often really our fear in another form that leads to heated discussions with no useful purpose. In all cases safety of the person should be paramount.

Our reactions can play a major role in future situations. In a scenario where a teenager gets drunk and calls for a ride home, the parent may yell, belittle and ground them for life. A better method would be to acknowledge your disappointment and be grateful the adolescent didn't drive home. The issue can be discussed in a more productive manner the next day, when calmer heads prevail.

Recovery

"The recovery phase starts after the immediate threat to human life has subsided."

The intent of the recovery process is to return to "normal" life. In the above scenario it may take the adolescent a while to earn the trust back. Depending on the incident, it's important to gauge how the adolescent is dealing with the event. How are they coping? Is there a need to intervene at a different level? These are questions that should be asked.

It's also a time when the cycle can begin all over and details from the incident can be used to ensure they are better prepared in the future.

The Community Protection Unit would like to remind families to be prepared for 72 hours. Information is available on the Kahnawake.com website or our office can be contacted any time at 450-632-0635.

Source: http://en.wikipedia.org/wiki/Emergency_management

Arnold Lazare is the Associate Director of the Community Protection Unit.

Depression Guidelines

by CHAD DIABO, PROMOTION & EDUCATION

How do I know if someone is experiencing depression?

Only a trained professional can diagnose someone with depression. However, if you notice changes in the person's mood, their behaviour, energy levels, habits and personality, then you could consider depression as the cause. It is important that you do not ignore the symptoms and signs and/or assume they will just go away.

How should I approach someone who may be experiencing a depression?

Contrary to myth, talking about depression makes things better, not worse. Give the person the opportunity to talk, to open up and share their feelings and thoughts. If they don't start the conversation, then you should ask about depressive thoughts. Choose a time that is good for both of you to talk in a comfortable location. If the person doesn't feel like opening up to you, encourage them to talk with someone else.

How can I be supportive?

Respect the person's privacy and confidentiality unless you are concerned that they are at risk of suicide or harming themselves. Do not blame the person for their illness. Depression is a medical illness and the person cannot help being affected by depression. Offer consistent

emotional support and understanding. Be a good listener. Give the person hope for recovery.

Should I encourage the person to seek professional help?

Professional help is warranted when depression lasts for weeks and affects a person's functioning in daily life. If the person does not know where to go for help, make an appointment with a doctor or go to a walk-in clinic. It's important to get professional help as early as possible. Respect the person, do not take over completely; a person with depression needs to make their own decisions as much as possible.

What if the person is suicidal or has injured themselves?

Suicidal thoughts are often a plea for help and a desperate attempt to escape from problems and distressing thoughts. At present, there are over 950 individuals trained in suicide intervention skills in Kahnawake including Peacekeepers, ambulance technicians, KSCS staff and other community members. Call the Peacekeepers, ambulance, or KSCS if you believe a person is at risk of suicide. The Kahnawake Peacekeepers and ambulance: 450-632-6505. KSCS main building: 450-632-6880.

Signs and Symptoms of Depression

If a person has had FIVE or more of these symptoms over a two week period or more, they should consult a physician. Only a physician can diagnose depression

- Being in an unusually sad or irritable mood that doesn't go away.
- Losing enjoyment and interest in activities that used to be enjoyable.
- Lacking energy and feeling tired.
- Feeling worthless or feeling guilty when they are not really at fault.
- Thinking about death a lot or wishing they were dead.
- Having difficulty concentrating or making decisions.
- Moving more slowly or, sometimes, becoming agitated and unable to settle.
- Having sleeping difficulties or, sometimes, sleeping too much.
- Losing interest in food or, sometimes, eating too much. Look for changes in weight.

The Back Page...

“As a teenager, I was so insecure. I was the type of guy that never fit in because he [sic] never dared to choose. I was convinced I had absolutely no talent at all. For nothing. And that thought took away all my ambition too.”

~ Johnny Depp

Mental Health First Aid Guidelines

by CHAD DIABO, PROMOTION & EDUCATION

In future issues of this newsletter, we will be featuring a series of guidelines that you can use to help someone dealing with

- 1: depression
- 2: suicidal thoughts & behaviours
- 3: psychosis
- 4: panic attacks
- 5: self-injury
- 6: eating disorders
- 7: adult trauma
- 8: child trauma
- 9: problem drinking
- 10: problem drug use

The guidelines are meant to help you identify mental health illnesses and learn tips on how to keep a person safe until you can get the right help referred to them.

These guidelines are the basics of what are offered in the free two-day training; Mental Health First Aid. Call Chad Diabo at 450-632-6880 for more details on taking this course.



June is...

- ALS Awareness Month
- Relay for Life
- Spina Bifida & Hydrocephalus Awareness Month
- Stroke Awareness Month
- 3-9 Canadian Environment Week
- 5 World Environment Day
- 6 Clean Air Day
- 12 Natl. Memory Screening Day
- 14 World Blood Donor Day
- 21 Natl. Aboriginal Day
- 29 KSCS Closed**

July is....

- 1 Canada Day
- 2 KSCS Closed**
- 4 U.S. Independence Day
- 11 Anniversary of “Oka Crisis”
- 11 World Population Day
- 28 World Hepatitis Day

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

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